

Sudden Cardiac Arrest

Etiwanda School District



SCA AWARENESS

Information Sheet for Athletes and Parents/Guardians

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

Tell your teacher/coach and consult your doctor if these conditions are present:

POTENTIAL SCA INDICATORS THAT MAY OCCUR

- Fainting or seizure, especially during or right after exercise
- Collapsed and unresponsive: gasping, gurgling, snorting, moaning, or labored breathing noises
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

FACTORS THAT INCREASE THE RISK OF SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive.
Gasping, gurgling, snorting, moaning or labored breathing noises.
Seizure-like activity.

Early Access to 9-1-1



Confirm unresponsiveness.
Call 9-1-1 and follow emergency dispatcher's instructions.
Call any on-site Emergency Responders.

Early Advanced Care



Emergency Medical Services (EMS)
Responders begin advanced life support including additional resuscitative measures and transfer to a hospital.

REMOVAL FROM ACTIVITY

A student-athlete who faints during or following participation in an athletic activity must be removed from play and may not return to play until he or she is evaluated and cleared by a physician, nurse practitioner, or physician's assistant.



A brief video, available for parents who want to learn more about Sudden Cardiac Arrest (SCA) in youth, is located at: epsavealife.org/law/law-cif